

## SLEEPING ON FEATHER-BEDS.

"Sleeping on soft beds," says a writer in the Boston Medical and Surgical Journal, while treating of the causes of consumption, is a practice of almost universal prevalence, at the present day, throughout the civilized world; yet perhaps there are few practices that have a more pernicious influence on the young than this. Sleep is as necessary to life as food; the exhausted excitability of the system must be repaired, as well as the channels of nutrition supplied; but excessive luxuries in either are injurious to health, and the epicure in one is as irrational as the epicure in the other. Children and youth who are accustomed to sleep on soft beds during the warm season, require more than ordinary force of constitution not to be injured by it."

In speaking, in this place, of soft beds, it is believed that the writer refers principally to feathers; for we know not why the mere circumstance of a bed being soft, should be a very strong objection to its use. It is true it is an almost universal practice with physicians, to place their patients who are greatly debilitated, in many diseases, on hard beds; but we have supposed it was chiefly because feather beds were obviously injurious, and hard beds were the only convenient substitute. We do not know, however, but too much of mere softness is injurious, even to persons in health.

But as to the use of feathers, especially in summer, we believe there is now scarcely a division of opinion, among those whose opinion is of value. Some reject them both in summer and in winter. Even Dr. Douglass,--and if he makes the concession, who will not?--admits that, "on the whole, perhaps the ordinary hair mattress is best adapted for both summer and winter."

Perhaps it may not be easy to give a satisfactory account of the manner in which beds of feathers so generally operate to produce weakness, as to have set the whole medical world against them; but that such is their tendency, we believe, few, very few, will have the hardihood to deny.

Every one who has slept much on feathers must have observed, however, that the air of the room where he sleeps always appears to be more impure and oppressive when he rises in the morning, than when the bed consists of other materials; and that the lungs, in particular, are more affected by it. To some persons, the oppression is quite intolerable. It is believed that this arises from a peculiar kind of effluvia which the feathers emit. And hence it is, perhaps, that feather beds tend to induce consumption.

Besides feathers do, in fact, however difficult it may be to account for it, stimulate the surface of the body--the circular system--more than any other soft material, as well as cause a greater degree of perspiration; and this of a more relaxing kind, too, than perspiration induced by other causes. The loins and kidneys appear to be more affected, and indeed the system in general appears to suffer more.

There are a thousand other causes in perpetual operation to produce this fatal malady, besides feather beds, it is true. These may, and most unquestionably do, stay their thousands; but abuses, in eating, drinking, dress, and a formidable list of other causes, almost too numerous to mention, stay their ten thousands--nay, their millions.

A fact came under our notice, not long since, which may be worth relating. It is true it is only one fact, but as far as it goes, its language is most striking.

A Boston boy, about nine years of age, has been accustomed to go out of the city fifteen or twenty miles, every spring, to spend a few weeks in the family of his grand mother. He is usually somewhat feeble at this season; but the journey and the residence there a few weeks always restores him to his wonted vigor.

We said always; but last spring, this effect failed of being produced. The boy continued as pale and feeble after his removal as before; indeed he was rather more so. What could be the cause?

It happened that the boy had never slept on feathers at home, nor until now, when abroad. But in this instance, the good grandmother had forgotten to take off her feather bed. "I see now," said she, "what the matter is with John;" and so removed the feather bed and gave him a mattress. He immediately began to increase in vigor, and soon became uncommonly healthy.

Can there be a stronger case than this? And yet the world is full of facts not unlike it. Why then do not people make the natural and legitimate inference?--*Moral Reformer.*

**GEORGE THOMPSON IN LONDON!** Who would have thought it, after all that has been said by his enemies in America, and the pains taken to proclaim him a bankrupt in character, that immediately on his return he should not only be welcomed with exultation by the abolitionists of Edinburgh and Glasgow, but greeted with acclamations in Exeter Hall, the bishop of Chester in the chair? We take it there is now satisfactory proof of what we said when Mr. Thompson was ignominiously hunted from the United States by Christian ministers--that he was and is a person of responsible character in the best circles in London. As the Rev. Dr. Fisk, of Middletown, now in England, is well known to be an able advocate of temperance, we wonder why he was not among the speakers on the occasion. It would have been a curious circumstance had his first meeting with George Thompson, where *Mr. T. is best known*, occurred on the platform of Exeter Hall, among the choice spirits of the age, as one of their number. To a man of ordinary sensibility, it would have been embarrassing, and a Christian would have felt at least strongly inclined to say, "Brother Thompson, I revile you in America, but it was because I did not know you. I now rejoice to learn that it was the falsehood of your enemies I had believed." Came among us again, and my heart and hand, my house and pulpit, my voice and pen, shall bear witness that I am sorry for that wrong."

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## From Paulding's Life.

### SICKNESS AND DEATH OF GEN. WASHINGTON.

A heavy fall of snow took place on Friday, which prevented the general from riding out as usual. He had taken cold (undoubtedly from being so much exposed the day before) and complained of having a sore throat; he had a hoarseness, which increased in the evening, but he made light of it, as he would never take any thing to carry off a cold,--always observing, "Let it go as it came." In the evening, having come from the post office, he sat in the room with Mrs. Washington and myself, reading till about nine o'clock; and when he met with any thing which he thought diverting or interesting, he would read it aloud. He desired me to read to him the debates of the Virginia Assembly on the election of a senator and governor, which I did. On his retiring to bed, he appeared to be in perfect health, except the cold, which he considered as trifling; he had been remarkably cheerful all the evening.

About two or three o'clock on Saturday morning he awoke Mrs. Washington, and informed her that he felt very unwell, and had an ague. She observed that he could scarcely speak, and breathed with difficulty and she wished to get up and call a servant; but the general would not permit her, lest she should take cold. As soon as the day appeared, the woman Caroline went into the room to make a fire, and the general desired that Mr. Rawlins, &c. of the overseers, who was used to bleeding the people might be sent for, to bleed him before the doctor could arrive. I was sent for--went to the general's chamber, where Mrs. Washington was up, and related to me his being taken ill between two and three o'clock, as before stated. I found him breathing with difficulty, and hardly able to utter a word intelligibly. I went out instantly, and wrote a line to Dr. Plask, and sent it with all speed. Immediately I returned to the general's chamber, where I found him in the same situation I had left him. A mixture of molasses, vinegar, and butter was prepared, but he could not swallow a drop; whenever he attempted he was distressed, sonorous, and almost suffocated.

Mr. Rawlins came in soon after sunrise and prepared to bleed him; when the arm was ready, the general, observing Rawlins appeared agitated, said, with difficulty, "Don't be afraid;" and after the incision was made, he observed the orifice was not large enough; however, the blood ran pretty freely. Mrs. Washington, not knowing whether bleeding was proper in the general's situation, begged that much might not be taken from him, and desired me to stop it. When I was about to untie the string, the general put up his hand to prevent it, and as soon as he could speak, said "More."

Mrs. Washington still uneasy lest too much blood should be drawn, it was stopped after about half a pint had been taken. Finding that no relief was obtained from bleeding, and that nothing could be swallowed, I proposed bathing the throat externally with sal volatile, which was done; a piece of flannel was then put round his neck. His feet were also soaked in warm water, but this gave no relief. By Mrs. Washington's request, I despatched a messenger for Doctor Brown at Port Tobacco. About nine o'clock, Dr. Craik arrived, and put a blister of cantharides on the throat of the general, and took more blood, and had some vinegar and hot water set in a teapot, for him to draw in the steam from the spout.

He also had sage-tea and vinegar mixed and used as a gargle, but when he held back his head to let it run down, it almost produced suffocation. When the mixture came out of his mouth some pigmies followed it, and he would attempt to cough, which the doctor encouraged, but without effect. About eleven o'clock, Dr. Dick was sent for. Dr. Craik bled the general again no effect was produced, and he continued in the same state, unable to swallow any thing. Dr. Dick came in about three o'clock and Dr. Brown arrived soon after; when, after conclusion, the general was bled again the blood ran slowly, appeared very thick, and did not produce any symptoms of fainting. At four o'clock the general could swallow a little Calomel and tartar emetic were administered without effect. About half past four o'clock he requested me to ask Mrs. Washington to come to his bedside, when he desired her to go down to his room, and take from his desk two wigs which she would find there, and bring them to him, which she did. Upon looking at one, which he observed was useless, he desired her to burn it, which she did; and then took the other and put it away. After this was done, I returned again to his bedside, and took his hand. He said to me, "I find I am going--my breath cannot continue long--I believed from the first attack it would be fatal. Do you arrange and record all my military letters and papers; arrange my accounts and settle my books, as you know more about them than any one else; and let Mr. Rawlins finish recording my other letters, which he has begun." He asked when Mr. Lewis and Washington would return? I told him that I believed about the twentieth of the month. He made

such a speech that the boy had never slept on feathers at home, nor until now, when abroad. But in this instance, the good grandmother had forgotten to take off her feather bed. "I see now," said she, "what the matter is with John;" and so removed the feather bed and gave him a mattress. He immediately began to increase in vigor, and soon became uncommonly healthy.

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**NEW GOODS!**

JUST received and for sale on the most reasonable terms, by J. C. SPALDING.

Montpelier, May 9th, 1836.

**BRACKETT'S UNIVERSAL PANACEA.**

FOR the cure of Ringworms, Cancers, Scat Head, Salt Rheum, Pimples, Humors, or any eruptions of the skin. Price 75 cents per bottle. To be had of the Manufacturer, GEORGE BRACKETT, purveyor, or of J. C. EMERSON & CO. Druggists, at the sign of the Big Mortar Concord, New Hampshire. Also for sale by P. G. SMITH, Opposite the Bank, Montpelier, Vt.

None genuine unless put up with printed directions on the inside wrapper, signed George Brackett, and sealed on the cork with his seal.

**BOOKS**

E. P. WALTON & SON have just received a new and general assortment of Books and Stationery from the city of New York. June 3, 1836.

**PROSPECTUS**

of THE FRIEND OF MAN.

This commandment have we from Him, that he loveth God loveth his brother also.

EVER since God created man in his own image, his fundamental law has required every man to regard every other man as his equal, and to love him as he loves his own soul. And ever since Cain sought the favor of his Maker by a pretended worship, without love to his brother, the progeny of Cain have dreamed themselves religious while saying in their hearts, "Am I my brother's keeper?"

The second table engraved by the finger of God on Sinai, contained a solemn re-enactment of that original law; a decisive testimony against such selfish and spurious religion. Century after century holy men were inspired to tune the harp of melody and sweep the lyre of prophecy, in union with the statutes of righteousness. Of their testimony, the fiftieth Psalm, with the first and fifty eighth chapters of Isaiah, may be adduced as incidental, yet glowing specimens. But the religion of Cain had corrupted and well nigh displaced the religion of the law and the prophets, when Jesus Christ himself appeared among men to magnify and make honorable its requirements. For this cause his Sermon on the Mount unfolded its long forgotten principles and vindicated from perversion its oft misinterpreted enactments. For this cause he tested the religion of the rich young man, who imagined he had kept the law "from his youth up" by a requirement which sent him "away sorrowful." For this cause he drove the extortions, as theives, with a scourge of cords, from the house of prayer. For this cause he denounced woes upon the orthodox and high professing Scribes and Pharisees, whose hypocrisy was attested by their oppressions. For this cause he announced his fixed determination to distribute the awards of the last Judgment upon the principle of considering the good or ill treatment of one of the least of his earthly brethren to be virtually the treatment of his own person.

Christianity while it remained such, was emphatically the *Friend of Man*. It could only become otherwise by a corruption which should extinguish its vital principle of equality and impartial love. The mystery of Iniquity began early to work. The Apostles themselves were in perils among false brethren, who "loved to have the preeminence" and "lord it over God's heritage." In this spirit was revealed the *Man of Sin*, who exalted himself above all that is called *God*. Christianity degraded, became the ally of despotism. Tyranny dreaded the light that shone upon its own deformity, and deemed it unsafe to entrust to the injured poor the privilege of reading the Bible that condemned their own grievous wrongs!

This was the slumber of "the dark ages."

Luther illuminated its dungeons with a few gleams of day light. But we live in an age in which Protestants--so called--are redoubling its horrors, and becoming clamorous for the perpetuity of its darkness.

In our own country, (so boastful of its liberties) they not only withhold the Bible from their brethren, but chain, and hold, and buy, and sell their souls and bodies as goods and chattels personal! They "forbid to marry" and put asunder whom God hath joined together. They expunge, not the second merely, but every command of the Decalogue, particularly the first, the fifth, the seventh, and the eighth. They effectually say to their brother, "thou shalt have no other God before thy earthly master." They are a null the law of obedience to the parent and of instruction to the child. They declare the wife and husband not entitled to the conditions of matrimony! They sanctify and legalize the highest kind of theft, the robbery of the labor of a whole life--the person of the laborer himself. They extort not the unwilling tithe of the reaper's toil, but the hire itself, and the reaper with his hire! They use their neighbor's service without wages, and give him not for his work? They judge not the cause of the widow, neither doth the cry of the needy come before them.

Such, to an alarming extent, is the religion of the nineteenth century, in America

—a religion which claims to be the religion of Protestants and of the Bible!

It prates of the horrors of the inquisition, and erects gibbets for the defenders of the truth—the advocates of the poor! It builds the tombs of reformers, and accounts it insanity and treason to ask for the oppressed American the occupancy of so elevated a condition as that from whose degradation it was the labor of the Reformers to redeem the benighted peasantry of Europe!

A remonstrance has been raised against these accumulated wrongs; a rebuke has been uttered against these unparalleled

wrongs. Satan is raised from his seat, and wages war against the throne of God and of the Lamb. Lawless violence has been wielded by the boasted guardians of the law. The National Constitution has been trampled in the dust, under the plea of preserving the Constitution. The bands of society have been severed under the pretext of preventing disunion. The contemners of law have been clamorous for despotic legislation. A corrupted Christianity looks complacently on, and cautions the transgressor not against his sin, but against its *too sudden abandonment!* Its anathemas, so charitably withheld from *iniquity*, are thundered fiercely upon the heads of its reprovers. Instead of calling to her children in the confines of Babylon,—"Come out of her, my people, that ye partake not her sins, and that ye receive not her plagues," she is heard proclaiming that all who "in any way impair her powers," are justly liable to the highest civil penalties and ecclesiastical censures!

Such is the crisis at which it is proposed to publish, in the heart of our "empire state" a weekly paper to be called "THE FRIEND OF MAN."

Its object will be to maintain the equality and inalienable rights of all men:

—To plead for the down trodden slaves;

—To assert and exercise the right of free discussion;

—The right to investigate *truth*;

—To proclaim and practice *duty*.

In this it will seek to restore and promote the religion of the *Bible*

—the religion of supreme love to God, the

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